Cheesecake Factory Gluten-Free Menu: Every Safe Item, Price & Calorie Guide

Gluten-free options, risk levels, and dressings to confirm

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Gluten-free risk level by category

Category	Risk level	Notes
Grilled steaks, chicken, fish	Lowest	No breading or flour-based sauce when ordered plain
Salads (no croutons)	Lowest	Confirm dressing from the safe list below
Cheesecake (3 flavors)	Low-Moderate	Stored alongside regular cakes; separate utensils used
Gluten-free pasta	Moderate	Cooked in separate water, but same kitchen
Burgers with GF bun	Moderate	Bun is separate; toppings and sauces vary by burger
Fried items (fries, wings)	Highest	Shared fryer with breaded, gluten-containing foods

Gluten-free salad dressings

Gluten-free dressings	Dressings to confirm first
Barbecue Ranch	Thai Vinaigrette (may contain soy sauce)
Blue Cheese	Sesame Soy Dressing (soy sauce base)
Caesar	Any dressing not listed as GF
Citrus Honey	
Ranch	

Gluten-free dressings	Dressings to confirm first
Thousand Island	

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